

Learn to Swim Level 4

Skills:

- _____ Headfirst entry from the side in a compact position (in water at least 9 feet deep)
- _____ Headfirst entry from the side in a stride position (in water at least 9 feet deep)
- _____ Swim underwater, **3-5 body lengths**
- _____ Feet first surface dive, submerging completely
- _____ Survival swimming, **30 seconds**
- _____ Front crawl open turn
- _____ Backstroke open turn
- _____ Treading water using 2 different kicks, **2 minutes**
(**modified scissors, modified breaststroke or rotary**)
- _____ Front crawl, **25 yards**
- _____ Elementary backstroke, **25 yards**
- _____ Breaststroke, **15 yards**
- _____ Butterfly, **15 yards**
- _____ Back crawl, **15 yards**
- _____ Sidestroke, **15 yards**
- _____ Push off in a streamlined position on back and begin flutter kicking, **3-5 body lengths**
- _____ Push off in a streamlined position on back and begin dolphin kicking, **3-5 body lengths**

Safety Topics:

- _____ Reach or throw, don't go (reaching assist, throwing assist)
- _____ Recreational water illnesses
- _____ Think so you don't sink
- _____ Look before you leap

Exit Skills:

- _____ Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction as necessary and swim elementary backstroke for 25 yards.
- _____ Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____